

LOS ANGELES COUNTY FIRE DEPARTMENT



FIRE SUPPRESSION AID (FSA) PRE-PERFORMANCE ASSESSMENT GUIDE

INTRODUCTION

Today's dynamic and persistent operating environment has placed unprecedented demand on our fire suppression aid (FSA) personnel. At no other time have the potential fire threats been more varied, resulting in the need for individuals who are highly intelligent, agile, ethical, physically fit and have that inner drive to succeed in any wildland operational environment.

The Los Angeles County Fire Department's Air and Wildland Division is preparing professional occupational athletes who are ready to execute fire suppression operations in hazardous conditions and in mountainous terrain today and in the future.

The Fire-Fit Wildland Performance and Resiliency ideology is an integral part of your preparation. By focusing on mind and body, Fire-Fit Wildland ensures that FSAs are not only physically strong but possess the mental fitness and focus and the spirit necessary to persevere under the extreme stress of the high operational tempo. Fire-Fit Wildland trains with renewal in mind, focusing on the resiliency of the individual and crew. This is unique in integrating athletic performance methodology and performance-based nutrition (fueling), with focus on mental fitness and resiliency. This approach ensures that FSAs are not only ready for the arduous tasks of being a wildland firefighter, but also resilient for life and career.

This program guide is focused on preparing you for the wildland fire suppression aid selection and assessment program. It provides you with a guide covering basic movement preparation, metabolic conditioning program and regeneration and recovery techniques, to support your body's recovery process.

Best of luck,

Fit-For-Life Unit



Movement Preparation

A warm-up that prepares your body for movement, training, and performance. It increases your heart rate, increases blood flow to the muscles, and elevates your core temperature.

Metabolic Conditioning (METCON)

Exercises designed to develop muscular tone and promote physical well-being, relying heavily on body weight with minimal equipment requirements.

Regeneration and Recovery

Activities that increase your body's ability to recover faster, in order to maximize the gains achieved through your training.

Fueling and Hydration

Guidelines that help you select the right foods and beverages for optimizing your performance training, regeneration and recovery.



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Movement Preparation

Inchworm

Starting Position: Face down with arms fully extended and hands and toes on the ground.



1) Slowly walk your legs forward, while keeping your hands in place, flat on the ground

2) Go as far as you can with hands on the ground, then return to the starting position. Do 5 reps.

Walking High Knees

Starting Position: Standing with feet shoulder width apart, hands at your side.



1) Sharply raise your left leg level with your hip, bending at the knee so that your thigh and foot are parallel with the ground, simultaneously pump your right arm. Do 10 reps.

Walking Quad Hug

Starting Position: Standing with feet shoulder width apart, hands at your side.



1) Raise your left leg as high and as close to your chest as you can. Grab your knee and hug it tight against your chest. Repeat movement on opposite leg. Right knee hug, left knee hug = 1 rep. Do 10 reps.

Leg Cradles

Starting Position: Standing with feet shoulder width apart, hands at your side.



1) Raise your right leg in front of your left leg and grasp your calf with both hands so that the calf is parallel to the ground. Hold for 30 seconds.

2) Return to the starting position and repeat on opposite leg.
Do 5 reps.

Backward Walking Lunge

Starting Position: Standing with feet shoulder width apart, hands at your side.



1) Take a large step backwards (lunge) while maintaining your balance. Once stable, bring your opposite leg through and continue the movement until the exercise is complete.
Do 5 reps.

Butt Kickers

Starting Position: Standing with feet shoulder width apart, hands at your side.

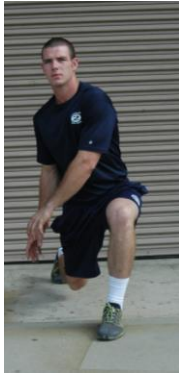


1) Standing straight, lift your left foot up and back so that your heel touches your buttocks.

2) Return to the starting position and alternate each leg, while pumping your arms
Do 15 reps.

Walking Lunge with a Twist

Starting Position: Left knee at 90°, with your feet flat on the ground, right knee is on the ground with your foot flexed and arms down at your side.



- 1) From the starting position, move forward in a lunge movement with a slight pause for the arm twist.
- 2) From the lunge position (knee on the ground) twist your upper trunk and simulate a movement like you are throwing out the trash.

Repeat this movement for the assigned reps.
Do 5 reps each side.

METABOLIC CONTIONING (METCON)

180 Formula

Calculate Your Own Maximum Aerobic Training Heart Rate

To find your maximum aerobic training heart rate, there are two important steps. First, subtract your age from 180. Next, find the best category for your present state of fitness and health, and make the appropriate adjustments:

1. Subtract your age from 180.
2. Modify this number by selecting among the following categories the ***one that best matches your fitness and health profile***:
 - a. If you have or are recovering from a major illness (heart disease, any operation or hospital stay, etc.) or are on any regular medication, subtract an additional 10.
 - b. If you are injured, have regressed in training or competition, get more than two colds or bouts of flu per year, have allergies or asthma, or have been inconsistent or are just getting back into training, subtract an additional 5.
 - c. If you have been training consistently (at least four times weekly) for up to two years without any of the problems just mentioned, keep the number (180–age) the same.
 - d. If you have been training for more than two years without any of the problems listed above, and have made progress in competition without injury, add 5.

For example, if you are thirty years old and fit into category (b), you get the following:
 $180 - 30 = 150$. Then $150 - 5 = 145$ beats per minute (bpm).

In this example, 145 will be the highest heart rate for all training. This is highly aerobic, allowing you to most efficiently build an aerobic base. Training above this heart rate rapidly incorporates anaerobic function, exemplified by a shift to burning more sugar and less fat for fuel.

If it is difficult to decide which of the two groups best fits you, choose the group that results in the lower heart rate. For individuals who are taking medication that may affect their heart rate, wear a pacemaker, or have special circumstances not discussed here, further individualization with the help of a healthcare practitioner or other specialist familiar with your circumstances and knowledgeable in endurance sports may be necessary.

Two situations may be exceptions to the above calculations:

- The 180 Formula may need to be further individualized for people over the age of sixty-five. For some of these individuals, up to 10 beats may have to be added for those in category (d) in the 180 Formula, and depending on individual levels of fitness and health. This does not mean 10 should automatically be added, but an honest self-assessment is important.

Once a maximum aerobic heart rate is found, a training range from this heart rate to 10 beats below could be used as a training range. For example, if an athlete's maximum aerobic heart rate is determined to be 155, that person's aerobic training zone would be 145 to 155 bpm. However, the more training at 155, the quicker an optimal aerobic base will be developed.

Initially, training at this relatively low rate may be stressful for many individuals. "I just can't train that slowly!" is a common comment. But after a short time, you will feel better and your pace will quicken at that same heart rate.

180 Training Program

First, run a 1.5 mile pre-test on the treadmill you plan to use for training. Second, after completing the 1.5 mile run, write down the time it took you to complete the 1.5 mile. (Save the information) Now proceed with your training below.

Week 1	30 min	x 2 per week THR
Week 2	35 min	x 2 per week THR
Week 3	40 min	x 2 per week THR
Week 4	45 min	x 2 per week THR
Week 5	50 min	x 2 per week THR
Week 6	55 min	x 2 per week THR
Week 7	60 min	x 2 per week THR
Week 8	Retest	

Run the time it took you to complete the 1.5 miles.

Check your results and prepare to start the program over with your target heart rate 5 to 10 beats higher.

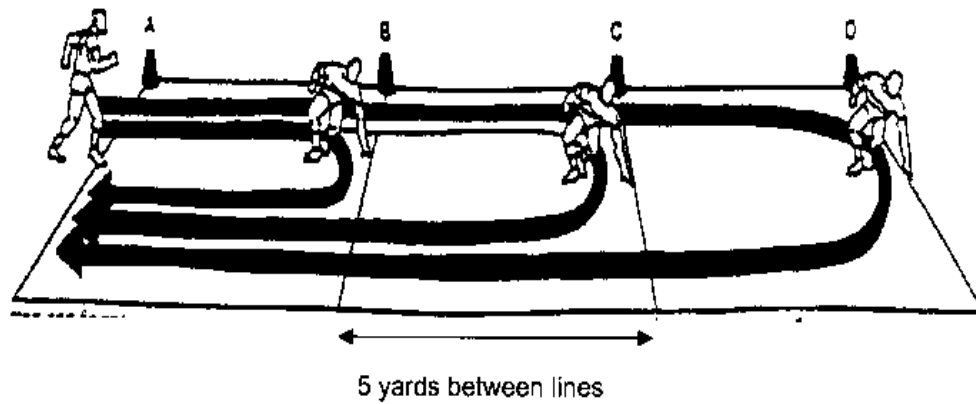
Subtract your age from 180	-37	
= Max Aerobic Heart Rate	143	
Subtract or add modifier	- 5	
Your age adjusted MAHR =	138	
Now subtract 10 to establish your training range	128	
<i>Your training range is: 138 to 128</i>		

Fartlek Run

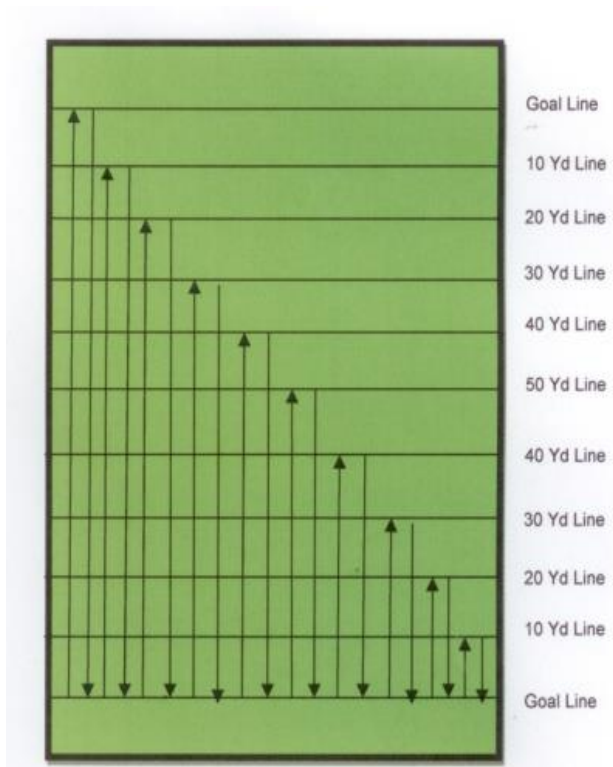
Fartlek, which means "speed play" in Swedish, is a training method that blends continuous training with interval training. **Fartlek runs** are a very simple form of a long distance **run**. **Fartlek** training "is simply defined as periods of fast **running** intermixed with periods of slower **running**."



Shuttle Runs

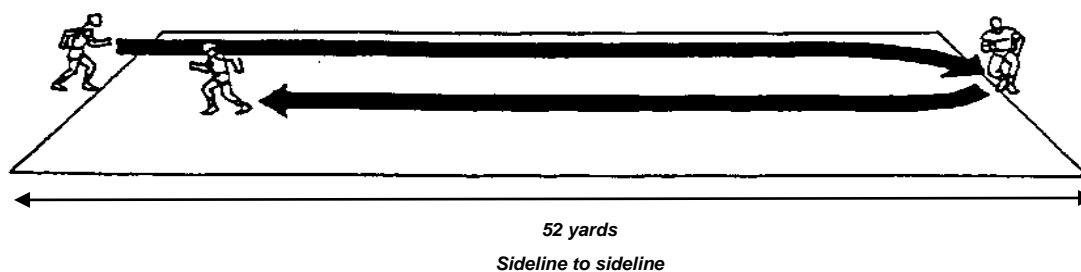


Ladder Runs



- | | |
|-----------------------|--|
| 1 st Rung | goal line to goal line |
| 2 nd Rung | goal line to the opposite 10 yard line |
| 3 rd Rung | goal line to the opposite 20 yard line |
| 4 th Rung | goal line to the opposite 30 yard line |
| 5 th Rung | goal line to the opposite 40 yard line |
| 6 th Rung | goal line to the 50 yard line |
| 7 th Rung | goal line to the near 40 yd line |
| 8 th Rung | goal line to the near 30 yd line |
| 9 th Rung | goal line to the near 20 yard line |
| 10 th Rung | goal line to the near 10 yard line |

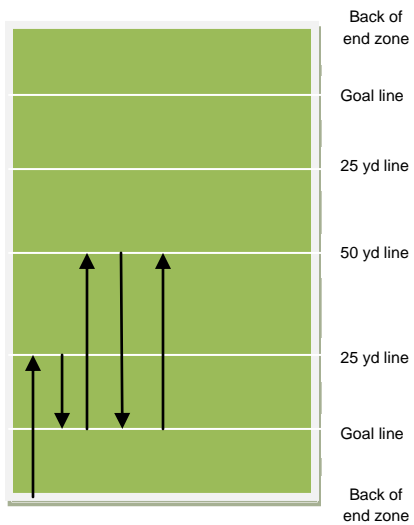
Gassers - 1/2 & full



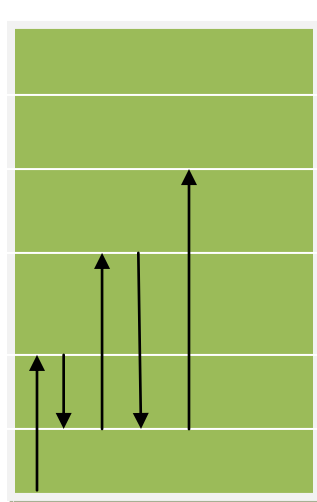
Full Gasser: The "Full Gasser" is a 204 yard sprint. Each half is 52 yards in length. The FSA candidate sprints the 52 yards touching the opposite sideline with his foot, and sprint back to the starting line. This sprint is repeated twice. (Up & back twice)

1/2 Gassers: The "1/2 Gasser" is similar to the full gasser, but you only sprint 104 yards (up and back once).

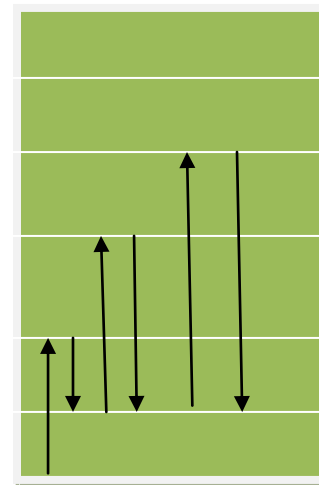
Metabolic Conditioning (METCON)



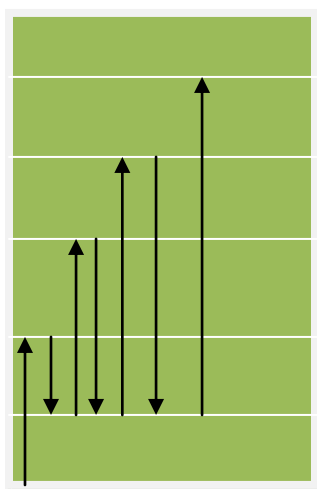
BR # 1 210 yards



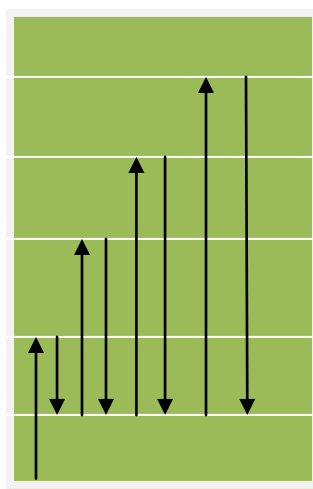
BR # 2 235 yards



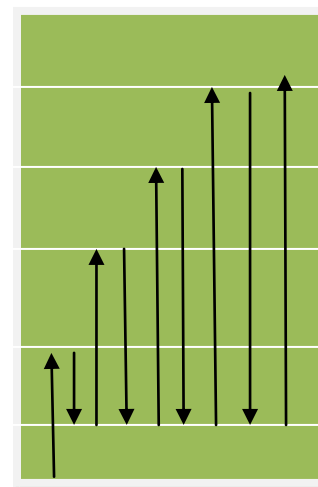
BR # 3 310 yards



BR # 4 410 yards



BR # 5 510 yards



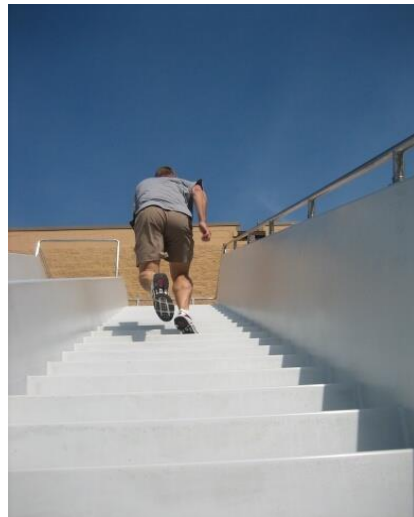
BR # 6 620 yards

BR = Bear Run

Stair Running

Stadium Steps Guidelines

1. Always walk down the steps. Walking down will help build joint stability and safe recovery as your body fatigues.
2. Use good shoes that will support your ankles and provide a safe execution of this drill.
3. Running up stairs:
 - Builds leg strength
 - Builds explosive leg power
 - Builds cardiovascular conditioning
 - Supports increased flexibility
4. Don't use your arms when you walk up the steps. Make your legs do all the work. Place your hands behind your head.
5. These are tough workouts. More is not better!
6. Training : maximum 2 times per week, minimum 1 time per week.



Post Training Active Regeneration and Recovery - Stretch Band

Calf Starting Position: Sitting down or lying down, with the stretch band wrapped around your foot (forefoot)



1) Put tension on the stretch band and pull your toes toward you. Hold the stretched position for 5 seconds, and then release the tension. Repeat as assigned.

2) Repeat on the opposite foot.

Do 10 reps.

Hamstring Starting Position: Lying on your back with the stretch band wrapped around your foot, holding the band with the same hand as the side you're stretching.



1) While applying tension on the stretch band, bring your leg through its full range of motion. Once you feel the hamstring start to tighten up, hold at that position for a 5 - 10 count and repeat as assigned.

2) Maintain contact with the ground and do not allow your back or buttocks to rise off the ground.

Do 10 reps.

IT Band Starting Position: Lying on your back with a stretch band wrapped around your foot, hold the band in your opposite hand of the leg you're stretching.



1) While keeping your shoulders flat on the ground, bring your leg across your body, as high as possible. Hold for a 5 to 10 count at the position of tightness. Repeat the movement as assigned.

2) Repeat using the opposite leg.

Do 10 reps

Groin Starting Position: Lying on your back with the stretch band wrapped around your foot, hold the band with the same arm as your leg that you are stretching.



1) While keeping your shoulders flat on the ground, bring your leg out toward your ear (as high as possible). Hold for a 5 to 10 count at the position of tightness. Repeat the movement as assigned.

Do 10 reps, then repeat on opposite side.

Quadriceps Starting Position: Lying on your stomach with the stretch band wrapped around your foot, working the same side as you wrapped.



1) Pull your foot as close to your buttocks as you can. Once you're at the end of the range of motion, tighten your glutes and lift the working leg off the ground. Hold for a 5 to 10 count and repeat as assigned.

Do 10 reps, then repeat on opposite side.

Post Training Active Regeneration and Recovery - Foam Roller

Calf Starting Position: Place your foam roller under your calf. Place your body weight on the roll.



1) Roll you calf by using your arms to allow your lower legs to glide on the foam roller. Perform 20 - 30 rolls and 20 - 30 slow rolls over any tender areas.

Hamstring

Starting Position: Place the foam roller under your right hamstring, placing your body weight on the roll.

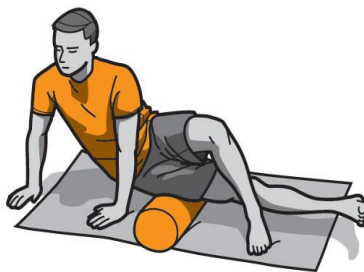


1) Roll your hamstring by using your arms to allow your legs to glide on the foam roller. Perform 20 - 30 rolls and 20 - 30 slow rolls over any tender areas.

2) Switch legs and repeat.

IT Band

Starting Position: With the foam roll underneath you, lean on your right side, support with your forearm.

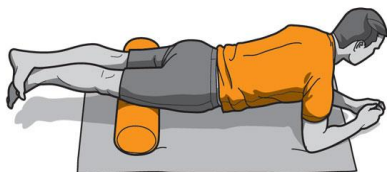


1) Do 20 - 30 rolls from your hip to the knee. Perform 20 - 30 rolls on any trigger points.

2) Switch legs and repeat.

Quadriceps

Starting Position: Lying face down with the roller under your quads, and arms extended.



1) Perform 20 - 30 rolls. Perform an additional 20 - 30 roll on any trigger points.

2) This exercise can be done with both legs on a roller or single leg only.

Glute Starting Position: Sitting with right leg extended, left leg bent, with foam roller under your right glute. Hands placed behind you.



1) Roll for 20 - 30 reps, with additional 20 - 30 reps on any trigger points.

2) Repeat on opposite glute.

Mid and Lower Back

Starting Position: Lying on your back with roller just above your glutes.



1) Roll up and down your back for 20 - 30 reps. Any trigger points can be rolled with a tennis ball for a more trigger specific exercise.

2) Hands should be behind your neck supporting your head.

Sleep, Recovery, and Human Performance

Post exercise recovery and regeneration (PERR) is as important as the training regimen to the complex adaptive process of increasing human performance. The foundation of PERR is sleep. Sleep constitutes the passive recovery, regeneration and rest process.

The relationship of sleep to PERR and performance can be viewed in a structured fashion. Sleep length (total sleep required: hours/night), sleep quality (sleep disorders, environmental disturbance or fragmentation), and sleep phase (circadian timing of sleep) are the key factors affecting the overall recuperative outcomes of the sleep state.

These three parameters of sleep affect a wildland firefighter's ability to train, maximize the training response and recover. Most importantly, these parameters will change over the course of your career and life.

Sleep recommendations

Duration: 8 -10 + 30 min nap

Quality: Maintain a regular sleep / nap

Routine: Ensure a comfortable sleep

Environment: Observe for sleep disorders

Napping

Napping should be a part of the routine and can provide a huge boost to your recovery routine

Simple rules to follow:

1. Naps should be limited to 30 minutes.
2. Naps should be scheduled in the mid to late afternoon (2-4pm) but not after 4pm so it does not affect your ability to fall asleep at bedtime.
3. Naps can be combined with a dose of caffeine (cup of coffee either before or immediately after the nap).

The combination of caffeine and napping has been shown to improve the restorative quality of the nap and post nap alertness/concentration.

Sleep Quality

Sleep quality refers to the restorative quality of the sleep state/period and is subjectively assessed and reported by the individual. The key point here is that a wildland firefighter may be getting "enough sleep" (hours/nights), but the quality of the sleep could be poor and non-restorative.

Typical factors that affect sleep quality are sleep disorders, environmental disturbances, and mood disorders. Normal sleepers usually fall asleep within 20-30minutes of turning off the lights, can sleep through the night with brief awakenings, and wake spontaneously in the morning without an alarm, feeling refreshed within an hour of waking up.

Key Tip:

The sleep environment must be a sanctuary devoted to sleep and the room should be conducive to sleep. This means your pre-sleep routine should include a 1-2 hour downtime prior to bedtime that includes low light exposure, relaxing activities (no computer or video games and no excessive use of your smart phone). The bedroom should be quiet, pitch dark (light disturbs the quality of sleep), and should be maintained at comfortable temperature and humidity levels. If noise and light are an issue, you should use ear plugs and eyeshades for sleep. Your bed and mattress should be comfortable.

FUELING AND HYDRATION

What you put into your body determines what you can get out of it, both during wildland fire suppression operations and performance training (PT). Nutritious foods and beverages, consumed in the right quantities and at the right times, enhance your performance, improve your body composition, and help recovery from physical training, injury and illness.

All meals should include carbohydrates, proteins, and healthy fats. Learn what's in your food by reading the labels, talking to a sports dietitian, and doing your own research.

Remember this general rule for a healthy plate:



What to Eat

Carbohydrates

In general, active individuals should consume 2-4 grams of carbohydrates daily for every pound of body weight. Most of your carbohydrates should be consumed before or immediately after exercise.

- Most carbohydrates should come in the form of fruits, vegetables, whole-wheat or whole grain pasta, bread, or cereal.
- Grains and starches should provide 2-4 grams of fiber for every 15 grams of carbohydrates, with a target of 25-35 grams of daily fiber.

Whole grains help you avoid the highs and lows in energy that other starches and simple sugars can cause.

What to Drink*

Hydration is essential to performance, and water is by far the best source of hydration.

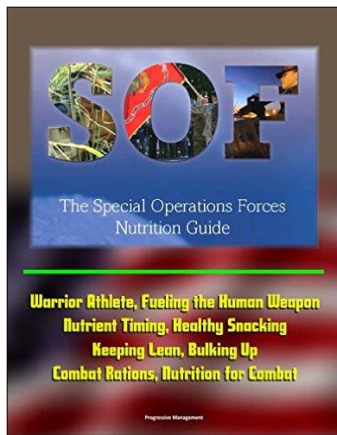
- At meals, drink water, unsweetened tea, low-fat milk, or coffee.
- You may also choose chocolate milk, sports drinks, and 100 percent fruit juices for preparation for training, operations, or for post-workout recovery.
- Limit the consumption of alcohol-it contains empty calories that contribute to sleep loss and other health problems.

When to Eat and Drink

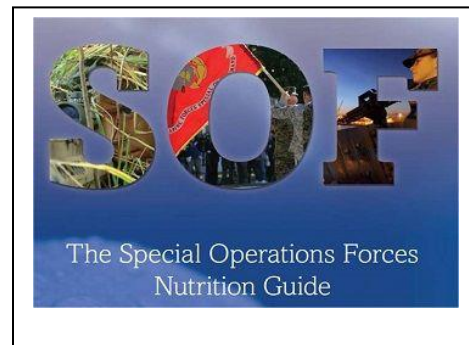
Eating throughout the day is essential for optimum health and performance. Remember these basics:

- Eat breakfast every day, before you train.
- Your pre-workout meal should include carbohydrates, protein, and plenty of fluids. Drink 2-3 cups of water before performance training. If you plan to work out for more than 60-90 minutes, sip a sports drink.
- Eat immediately after your workout, again choosing carbohydrates, protein, and plenty of fluids.
 - This is the one time simple sugars (including sports drinks) are OK. Simple sugars replenish your glycogen stores and prevent muscle breakdown.
 - Low-fat chocolate milk is a great post-workout drink.
 - Weigh yourself before and after performance training and drink 2-3 cups of water (or a combination of water and a sports drink) for every pound lost during training.
- Eat a snack or meal consisting of carbohydrates, protein, and healthy fat every 3-4 hours throughout the day.

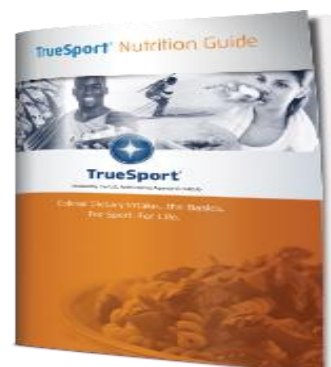
Fueling and Hydration: Recommended Reading



Special Operations Forces Nutrition Guide
Kindle Version from Amazon.com



Special Operations Forces Nutrition Guide
www.sealswcc.com/PDF/special-operations-nutrition-guide.pdf



United State Anti-Doping Agency
www.usada.org/resources/nutrition

WEEK ONE					🕒Time
Sun	Beep Test	Level	Stage	Vo2Max	
Mon	<input type="checkbox"/> 30 minute Target HR Training				
	<input type="checkbox"/>				h: m:
	<input type="checkbox"/>				h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll				h: m:
Tue	<input type="checkbox"/> 1.5 mile Fartlek Run				h: m:
	<input type="checkbox"/>				h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll				h: m:
Wed	<input type="checkbox"/>				h: m:
	<input type="checkbox"/> 30 minute Target HR Training				h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll				h: m:
Thu	<input type="checkbox"/> 1 mile Fartlek run				h: m:
	<input type="checkbox"/>				h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll				h: m:
	<input type="checkbox"/>				h: m:
Fri	<input type="checkbox"/>				h: m:
	<input type="checkbox"/> 35 minute Target HR Training				h: m:
	<input type="checkbox"/>				h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll				h: m:
Sat	<input type="checkbox"/> 2 mile Fartlek Run				h: m:
	<input type="checkbox"/>				h: m:
	<input type="checkbox"/>				h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll				h: m:

Notes:

WEEK TWO		Time
Sun	<input type="checkbox"/>	
Mon	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> 35 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 2-mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 35 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 1.5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 40 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> Bear Run # 1 x 3	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes:

WEEK THREE		Time
Sun	Rest,stretch,hydrate & recover	
Mon	<input type="checkbox"/> 40 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 2.5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 40 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 2 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 45 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> Bear Run # 2 x 3	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes:

WEEK FOUR		Time
Sun	Rest,stretch,hydrate & recover	
Mon	<input type="checkbox"/> 45 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 3 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 45 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 2.5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 50 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> Bear Run # 3 x 3	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes:

WEEK FIVE		🕒Time
Sun	Rest,stretch,hydrate & recover	
Mon	<input type="checkbox"/> 50 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 3.5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 50 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 3 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 50 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> Ladder Runs x 3	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes:

WEEK SIX		🕒Time
Sun	Rest,stretch,hydrate & recover	
Mon	<input type="checkbox"/> 50 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 2 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 50 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 1.5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 55 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> 1/2 Gassers x 8 - 10	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes

WEEK SEVEN		🕒Time
Sun	Rest,stretch,hydrate & recover	
Mon	<input type="checkbox"/> 55 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 4 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 55 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 3.5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 60 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> Bear Run # 4 x 3	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes:

WEEK EIGHT		🕒Time
Sun	Rest,stretch,hydrate & recover	
Mon	<input type="checkbox"/> 60 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 4.5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 60 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 3 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 70 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> Bear Run # 5 x 2	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes:

WEEK NINE		Time
Sun	Rest,stretch,hydrate & recover	
Mon	<input type="checkbox"/> 70 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 70 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 3.5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 80 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> Ladder Run x 3	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes:

WEEK TEN		🕒Time
Sun	Rest,stretch,hydrate & recover	
Mon	<input type="checkbox"/> 90 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 90 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 2 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> 10 x 100 yard sprints (sprint & jog back - repeat)	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 90 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> Bear Run # 6 x 2	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes:

WEEK ELEVEN		🕒Time
Sun	Rest,stretch,hydrate & recover	
Mon	<input type="checkbox"/> 90 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Tue	<input type="checkbox"/> 5.5 mile Fartlek Run	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/> 90 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Thu	<input type="checkbox"/> 3 mile fast pace walk around the track - <u>NO Running</u> (record your time)	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> 12 x 100 yard sprints (sprint & jog back - repeat)	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/> 90 min Target HR Training	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Sat	<input type="checkbox"/> Ladder Run x 3	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes:

WEEK TWELVE		🕒Time
Sun	Rest, stretch, hydrate & recover	
Mon	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
Tue	<input type="checkbox"/> 3 mile fast pace walk around the track - <u>NO Running</u> (record your time)	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Wed	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
Thu	<input type="checkbox"/> 2.5 mile Fartlek	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:
Fri	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
Sat	<input type="checkbox"/> Beep Test	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/>	h: m:
	<input type="checkbox"/> Post Workout Stretch / Foam Roll	h: m:

Notes: